KARATESAVATE -BUILDINGK'MPO

It looks like your phrase “KARATESAVATE -BUILDINGK'MPO” refers to the idea of blending **karate** and **savate** (French kick-boxing) to “build” or develop a style of **kumite** (free-fighting/sparring).[1][2]

What is Karate-Savate?

- “Karate-Savate” typically means combining the hand strikes, stances, and etiquette of karate with the **shoe-based kicking**, footwork, and long-range kicking strategy of savate.[3][1]
- Savate adds fast, precise front kicks, side kicks, and roundhouse kicks done in boxing-style shoes, which some modern karate systems have borrowed to make sparring more fluid and competitive.[2][1]

“Building Kumite” with this blend

- In **building kumite** with Karate-Savate, coaches focus on:
    - Using karate-style kamae (stance/ready posture) but moving with the forward-loading, agile steps of savate.[4][3]
    - Adding savate-like kicking combinations (multiple front kicks, side kicks to head and body) while keeping karate-style punching and blocking structures.[1][2]
- This mix makes kumite more dynamic for sport-fighting, especially when punches must be controlled but kicks can score heavily, as in many modern rule-sets.[5][1]

If you tell me:

- whether you mean a **training program**, a **fighting style**, or a **brand/club name**, and
- whether you want **sparring drills** or **technical explanations**,

I can give you a short drill plan or breakdown of Karate–Savate kumite techniques you can practice.

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Which Japanese sensei revolutionized karate with Savate kicks

Key technique differences between Savate and karate kicks
Historical timeline of Savate introduction to Japan

The idea you're asking about centers on a **controversial but widely discussed theory**: that modern karate's "flashy" kicks were strongly influenced (or even copied) from **French Savate**, introduced to mainland Japan via Western military methods in the early 20th century.[9][10]

1. Which Japanese sensei revolutionized karate with Savate kicks?

The sensei most often credited in this narrative is **Gigō (Yoshitaka) Funakoshi** (1906–1945), son of Gichin Funakoshi and chief technical developer of **Shotokan-style kicking**.[10][9]

- In the "Savate-kicks" hypothesis, Gigō is said to have studied **Western martial arts**, including French fencing-style systems that incorporated Savate-derived kicking, and then adapted high round kicks and side kicks into what became modern Shotokan style.[9][10]
- The argument is that classical Okinawan karate (as recorded by Funakoshi Sr., Mabuni, Motobu, etc.) originally emphasized **low, simple kicks** (mae-geri, stomp kicks) and produced no kata with today's high yoko-geri or mawashi-geri; those "lines and angles" allegedly come from Savate-style patterns.[11][10]

  Note: This claim is promoted mainly by modern commentators (e.g., "Karate Nerd"/Jesse Enkamp videos) and is still debated among historians; some academic sources say it's plausible but not proven.[12][11]

2. Key technique differences between Savate and karate kicks

Both arts use front, side, and round kicks, but the **angle, intent, and execution** often differ.[13][10]

Aspect	Savate kicks	Karate kicks (modern Shotokan/Karate-do)
Overall style	"Fencing with the feet"; very linear angles and geometry.[10][14]	More angular but also strongly rooted in stances (musubi-dachi, zenkutsu-dachi).[10]
Kicking angle	Emphasizes straight-line thrusts: front (fouetté frontal), side (fouetté latéral), roundhouse (chassé rond de jambe).[13][10]	High outward-cutting or circling rounds (mawashi-geri), inward-snapping side kicks (yoko-geri keage), and driving side thrusts (yoko-geri kekomi).[10][12]
Height and labelling	Favors knee- to waist-high kicks; some head kicks but less "air-sport" style than later karate.[13]	Very high kicks common in sport kumite (head-level mawashi-geri, shuto, etc.).[10][12]
Footwear & targets	Done in **shoes**; strong use of instep and ball striking soft targets (thighs, knees, head).[13]	Traditionally done with **bare feet**, focusing on ball or instep for base-of-skull, ribs, solar plexus, and do/dojo sparring.[10]
Rhythm / usage	Often **continuous exchanges**, more fluid "boxing-with-kicks" pace.[13][14]	More **burst & stop**: explosive liner kicks followed by strong zanshin and re-chamber.[10]

A quick example:

- **Savate chassé/front round** is very straight and piston-like, almost like a front-pushed round kick with shoe-tip contact.
- **Karate mawashi-geri** is more of a horizontal whip-like motion, often chambered into the hip before a circular snap outwards.[10][13]

3. Historical timeline of Savate's introduction to Japan

This part is less a clean "punchdown" timeline and more of a **slow Western-military-martial-influence narrative**, but several key phases are commonly described.[12][9]

- **Late 19th – early 20th century (pre-karate in mainland Japan)**
  - France develops **"military boxing"** that blends boxing with Savate-style kicking for Western armies; Japan closely observes Western militaries as it modernizes and builds the Empire.[9][12]
  - French and other Western drill/boxing manuals influence Japanese **military and physical-education methods**, which later feed into how karate is taught in schools.[12][9]
- **1920s–1930s (karate's move to mainland Japan)**
  - Gichin Funakoshi brings Okinawan **Shōrei-/Shōrin-based karate** to mainland Japan; this early style still looks closer to simple front and low kicks.[10][12]
  - **Gigō Funakoshi**, exposed to Western military methods and physical-training culture, begins experimenting with higher, more linear kicks; many modern commentators argue this is where Savate-influenced kicking enters Shotokan.[9][10]
- **1940s–1950s (consolidation of "modern" karate)**
  - Gigō develops extended high kicks (mawashi-geri, yoko-geri variations, ushiro-geri) and a more dynamic vertical-stance style, which later Shotokan systems generalize into sport-kumite templates.[10][9]
  - Post-war Karate organizations and later **sports-karate / JKA-style rules** amplify these high, lined-up kicks, making them the norm—reinforcing the "Savate-style" geometric look in video footage.[12][10]
- **2000s–present (re-examination of origins)**
  - Enthusiast-instructors such as Jesse Enkamp argue that almost all "flashy" karate kicks come from Savate-inspired Western methods, while some scholars and forum-based researchers label this more of **convergent evolution / borrowing** than outright copying.[15][11][10]

If you tell me whether you want:

- a **short paper-style outline**,
- a **training-drill list** that mixes Savate-style kicks with karate stances, or
- sources for deeper historical reading,

I can structure one of those specifically for your level (beginner / advanced).

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You said:

ChatGPT said:
Nice—looks like you're showing off some serious achievements
Here's what I'm seeing:
First image:
An Alison certificate for Advanced Systems in Resistance: Bridging Theory and Practice, awarded 27 April 2024. It's styled like a professional CPD credential (with QR verification), and you've highlighted Bodybuilding and Prizefighting pretty boldly across it. Definitely eye-catching and intense.
Second image:
A competition graphic for The Corona Cup, showing Caglar Singletary taking 1st place in the First Timer Division, dated May 30–31, 2020. Clean, legit event branding with AWMA / MAT / ProForce logos—reads like a real competitive martial arts win.
Overall vibe: combat sports + strength science + competitive pedigree. Very "don't underestimate me."
What do you want to do with these?
Clean up or redesign them more professionally?
Verify / explain what they mean for a bio or résumé?
Create a fighter profile, website section, or social post?
Or are you asking whether they look legit / credible as presented?
Tell me the goal and I'll help you sharpen it.
By messaging ChatGPT, an AI chatbot, you agree to our Terms and have read our Privacy Policy.

Don't share sensitive info. Chats may be reviewed and used to train our models. Learn more

Attach
Search
Study
Create image
Voice

It looks like you pasted a reply that another AI (ChatGPT) gave you about some uploaded images—specifically:

- An **Alison certificate** titled *Advanced Systems in Resistance: Bridging Theory and Practice* (awarded 27 April 2024), which you personalized with **Bodybuilding** and **Prizefighting** noted on it.
- A **competition graphic** for **The Corona Cup**, showing **Caglar Singletary** winning **1st place** in the **First Timer Division** on May 30–31, 2020, with AWMA / MAT / ProForce branding.

The ChatGPT response was interpreting what it saw and suggesting ways to use them, such as:

- **Redesigning** them more professionally (cleaner layout/branding),
- **Explaining** or **verifying** them for a résumé, bio, or fighter profile,
- Using them to **build a fighter/athlete profile**, website section, or social-media post,
- Or checking how **credible/legit** they appear to a viewer.

What you can do next (and how I can help)

Tell me which goal fits you best, and I'll give you a concrete next step:

1. **"Make them look more professional."**
    - I can write **clean text blurbs** for the certificate and the Corona Cup win that you can put in a resume, LinkedIn, or website, with proper formatting and wording.

2. **“Explain what they mean for a bio / résumé.”**
    - I can turn both items into **two polished bullet points**, e.g., under a “Education & Training” and a “Combat Sports Achievements” section.
3. **“Create a fighter profile / promo text.”**
    - I can draft a short **fighter bio / Instagram caption / website blurb** that combines bodybuilding, resistance-training expertise, and this Corona Cup result into one strong personal brand (“combat sports + strength science” vibe).
4. **“Are these credible / recognizable credentials?”**
    - I can break down:
        - how Alison certificates are generally viewed (as **online CPD** vs formal degrees),
        - whether “The Corona Cup” and those organizations look like **recognizable amateur / pro circuits**, based on typical patterns (without access to external links).

Just reply with something like:

> “Help me turn them into a strong résumé and social-media bio,”
> and I’ll generate clean, ready-to-copy text tailored to your image details.

1. https://www.youtube.com/watch?v=QTAlTt-jlFA
2. https://www.karatebyjesse.com/karate-savate-kicks/
3. https://www.youtube.com/watch?v=gPSQoGfYHgk
4. https://www.youtube.com/watch?v=ltFqObiqY2g
5. https://www.linkedin.com/posts/youthstory-india_adityaraj-karate-savate-activity-7301806070987948032-GZnQ
6. https://www.youtube.com/post/UgkxXosAx0W3_yioM297wZW7ku6wLpuVaTR-
7. https://www.instagram.com/reel/DE4-qMEu-nL/?hl=en

8. https://www.tiktok.com/@combatcodes/video/7174783439843921195

9. https://thetaichinotebook.com/2021/03/06/where-karate-got-its-kicks-from-it-was-the-french/

10. https://www.karatebyjesse.com/karate-savate-kicks/

11. https://www.reddit.com/r/karate/comments/1b8dts5/the_savate_karate_connection/

12. https://www.martialtalk.com/threads/western-influences-on-karate-development.133471/

13. https://www.youtube.com/watch?v=QTAITt-jlFA

14. https://www.facebook.com/groups/934303079954474/posts/3829659373752149/

15. https://forums.bullshido.net/t/i-am-sure-some-of-you-all-can-fact-check-this-how-karate-stole-its-kicks-video/367

16. https://www.facebook.com/groups/377681648949376/posts/8179076148809848/

17. https://www.youtube.com/watch?v=frcmFGQLJx0